WHAT'S COOKIN'?

COMPILED BY

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GUILFORD, MAINE

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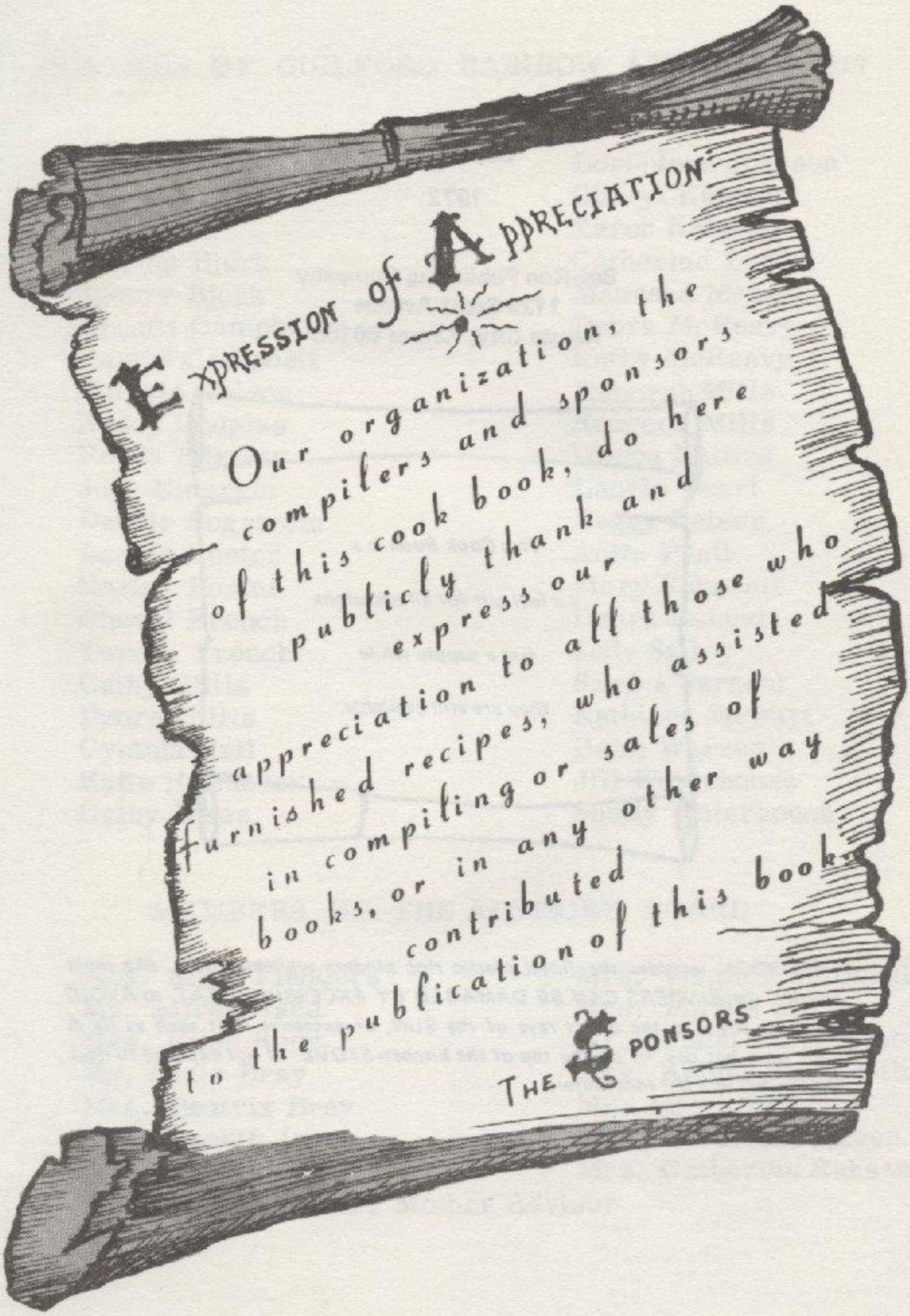
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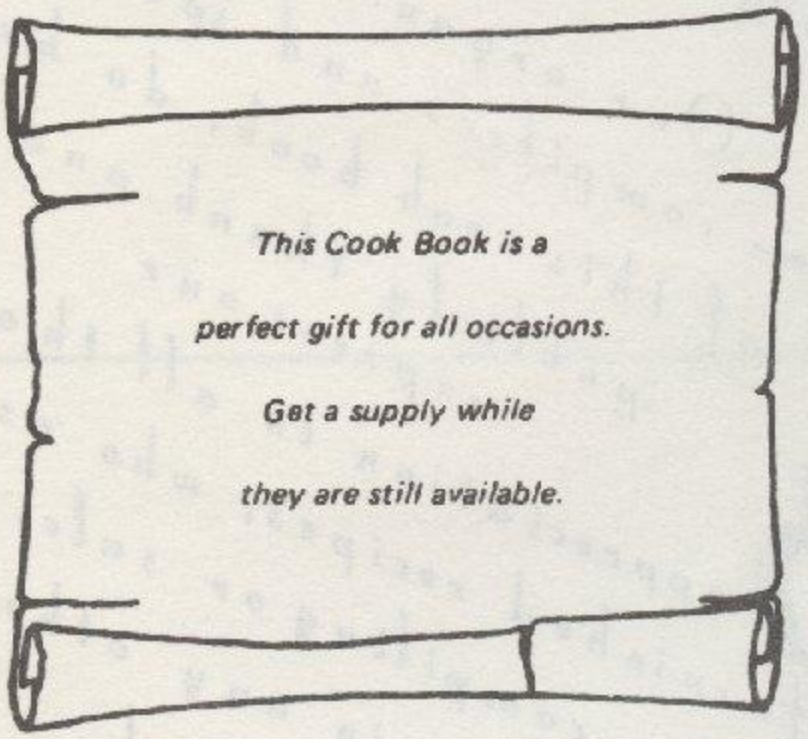

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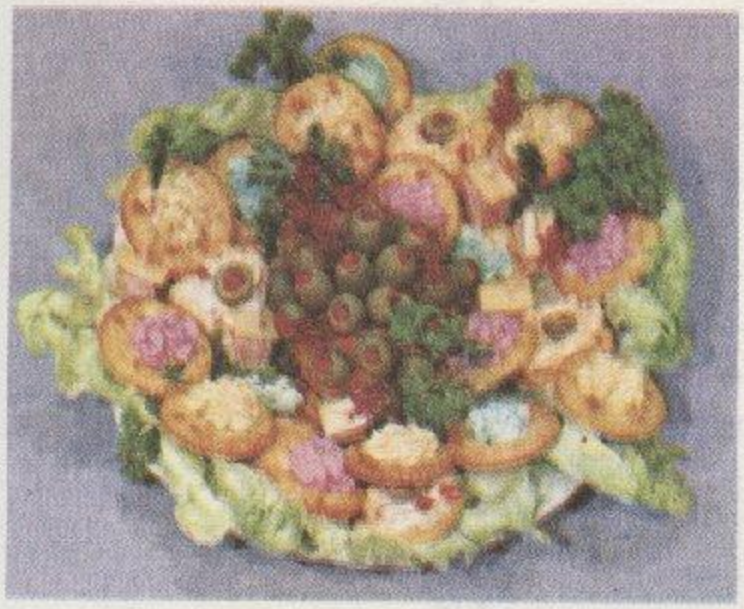
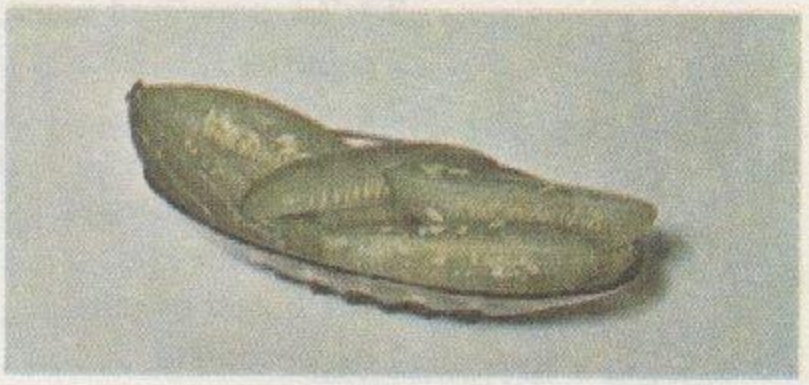


PICKLES



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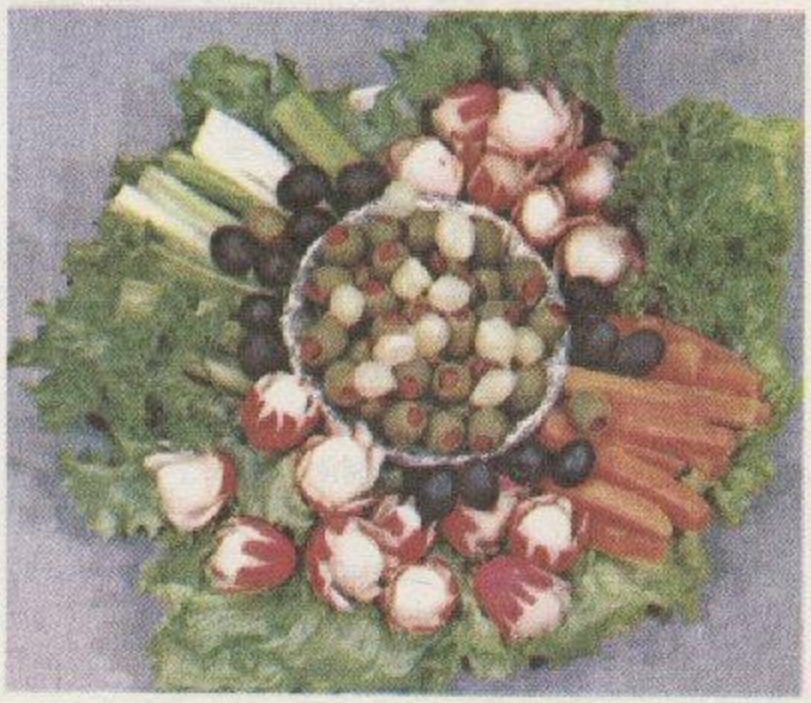


KITCHEN MEASURES

3 tsp.	1 Tbsp.
2 Tbsp.	1 fluid oz.
4 Tbsp.	1/4 cup
6 Tbsp.	3/8 cup
8 Tbsp.	1/2 cup
16 Tbsp.	1 cup
1 cup	8 fluid oz.
2 cups	1 pint
2 pints	1 qt.
4 qts.	1 gal.
8 qts.	1 peck
4 pks.	1 bu.
16 oz.	1 lb.
2 c. liquid	1 lb.
4 c. flour	1 lb.
2 c. granulated sugar	1 lb.
2 2/3 c. brown sugar	1 lb.
3 1/2 c. powdered sugar	1 lb.
2 c. butter	1 lb.
2 c. solid meat	1 lb.
1 lb. brick butter	2 cups
9 medium sized eggs	1 lb.
4 Tbsp. flour	1 oz.
2 tsp. butter or salt	1 oz.
1 oz. chocolate	1/4 c. cocoa
1 sq. bitter chocolate	1 oz.
1 peck tomatoes	15 lbs.

MEASURE ABBREVIATIONS

Teaspoon	tsp.
Tablespoon	Tbsp.
Ounce	oz.
Cup	c.
Pint	pt.
Quart	qt.
Gallon	gal.
Peck	pk.
Bushel	bu.
Pound	lb.
Square	sq.

CHRISTMAS CHEESE DIP

Mrs. Mary Magge Downs
Dover-Foxcroft

1/2 green pepper
1 small onion
1 oz. pimiento
8 oz. Bleu cheese
1 lb. strong Cheddar
8 oz. pkg. cream cheese
2 lb. cottage cheese
Dash of Tabasco and Worcestershire sauce
Dash salt, pepper and garlic salt

Run through coarse grinder and mix. Keeps well in refrigerator.

HAM DIP

Miss Mary Ruksznis

1/2 c. mayonnaise
1 (8 oz.) pkg. cream cheese
1 (2 1/4 oz.) can deviled ham
2 Tbsp. chopped pimiento
1/2 tsp. Worcestershire sauce
1/8 tsp. salt
1/8 tsp. pepper
1/2 tsp. onion juice

Blend mayonnaise and cream cheese until smooth. Add other ingredients and mix well. Serve with potato chips, or crackers.

SUNSHINE PICKLES

Mrs. Marion Edgerly
Sangerville, Maine

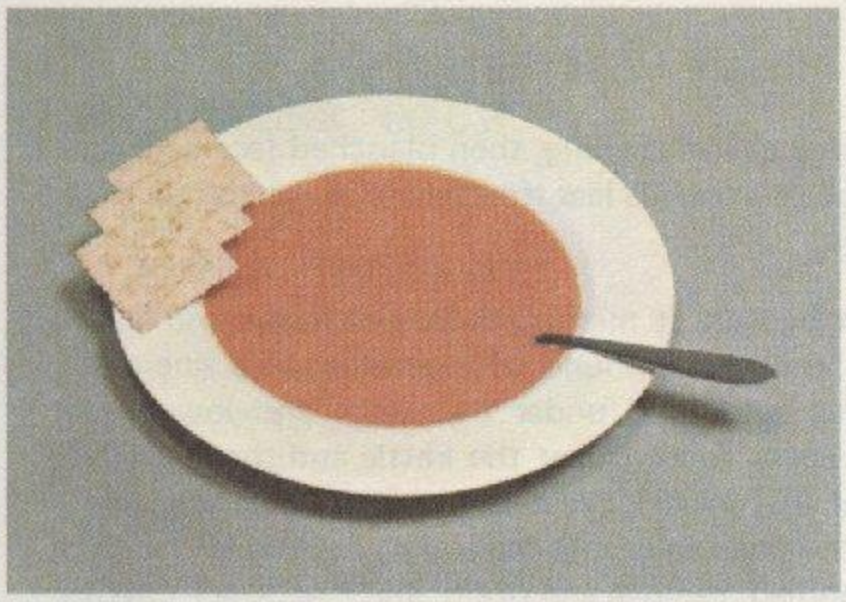
6 large ripe cucumbers, peel and dice
2 qt. sliced onions

Soak overnight in 1/2 cup salt water. Drain and add diced sweet pepper or can of pimiento can be used.

2 c. vinegar
2 c. sugar

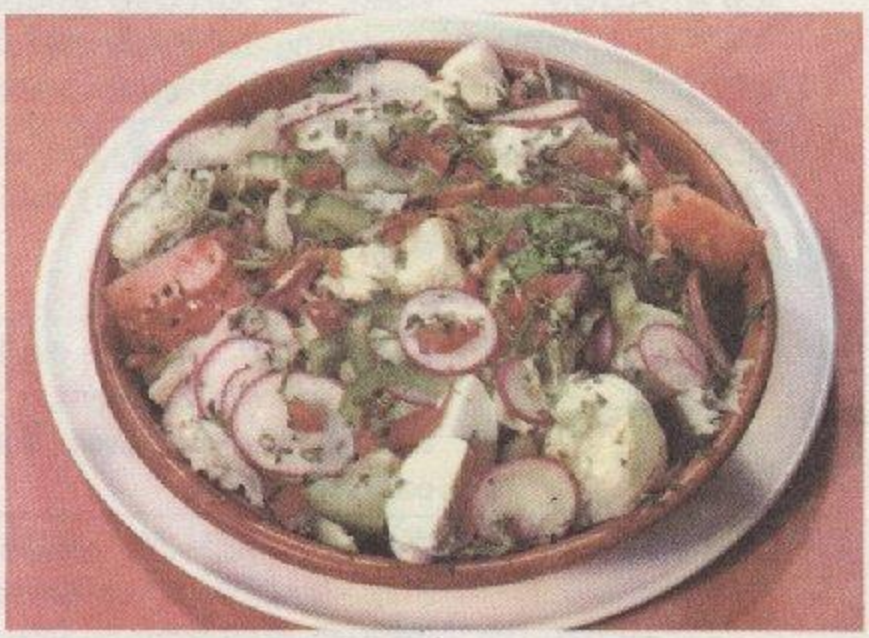
Cook until clear. Add paste made of 1 cup sugar, 1 teaspoonful turmeric and 3 tablespoonfuls flour. Mix with cold vinegar.

** EXTRA RECIPES **



SOUPS

SALADS



VEGETABLES

TO QUICK–FREEZE VEGETABLES

Vegetables for freezing are prepared as for cooking, then blanched (scalded) and packed dry, or with the brine. The dry pack is less trouble and is satisfactory for all vegetables except green peppers.

Blanching vegetables is important because it minimizes loss of flavor and color. To blanch in boiling water, put about one pound of vegetables in a fine-mesh wire basket with a wire cover to hold food under the water and lower into rapidly boiling water, enough to cover food. Cover the kettle and then COUNT THE TIME RECOMMENDED FOR EACH vegetable. After blanching, chill quickly and thoroughly, plunge the vegetables into ice water, or hold under cold running water. When completely chilled, remove and drain, and PACK AT ONCE.

VEGETABLE	HOW PREPARED	BLANCHING
ASPARAGUS	Wash, cut, sort into groups according to thickness of stalk. Blanch, chill, pack.	3 to 4 minutes in boiling water, depending on size.
BEANS, GREEN AND WAX	Wash, stem, slice, cut or leave whole. Blanch, chill, pack.	Cut: 2 minutes in boiling water. Whole: 2 1/2 minutes in boiling water.
BEANS, LIMA	Shell, wash, blanch, chill. Remove white beans, which may be used for cooking. Pack.	1 to 2 minutes in boiling water, depending on size.
CARROTS	Remove tops, wash, scrape. Slice lengthwise or crosswise as preferred, or leave small carrots whole.	Whole: 4 1/2 minutes in boiling water. Sliced: 3 minutes in boiling water.
CAULIFLOWER	Break heads into flowerets about 1 inch across. Wash, blanch, chill, pack.	3 to 4 minutes in boiling water.
CORN, ON COB	Husk, trim away silk and spots. Wash, blanch, chill, pack.	7 minutes in boiling water for slender ears. 9 for medium, 11 for large.
CORN, KERNELS	Same as corn on cob. After chilling, cut off kernels and pack.	
GREENS Beet, Chard, Kale, Mustard, Spinach, Collards, etc.	Wash, discard bad leaves, tough stems. Blanch, chill, pack.	2 minutes in boiling water.
PEAS	Shell, sort, blanch, chill, pack.	1 to 2 minutes in boiling water, depending on size.
PEPPERS, GREEN	Wash, cut away seeds, slice. Blanch, pack in brine of 1 tsp. salt to 1 c. cold water.	3 minutes in boiling water.

HAMBURGER SOUP

Mrs. Virginia Ruksznis

3 Tbsp. butter
3/4 to 1 lb. hamburger
3 onions, sliced
1/3 c. barley
1 (#2) can tomatoes
2 qt. water
1 Tbsp. salt
1/2 tsp. whole black pepper
1/2 tsp. ground pepper
3 carrots, sliced
3 potatoes, diced
3 stalks celery, diced
1 tsp. A-1 Sauce
1/2 tsp. Worcestershire sauce

Cook hamburger in butter for 5 minutes, crumbling constantly with a fork. Add onions and cook 5 to 10 minutes. Put in kettle and add water, barley, tomatoes, salt and pepper. Cover and simmer over low heat for 1 hour. Add potatoes, carrots, celery, A-1 Sauce and Worcestershire sauce. Cover, simmer gently for 1 hour. Serves 6 to 8.

DUMPLINGS

Mrs. Bertha Turner

1 1/2 c. flour
2 tsp. baking powder
3/4 tsp. salt
3 Tbsp. shortening
3/4 c. milk

Measure flour. Blend dry ingredients. Cut in shortening. Blend in milk. Drop by spoonfuls into soup. Cook slowly 10 minutes with kettle uncovered and 10 minutes, covered.

HAMBURGER AND VEGETABLE SOUP

Mrs. Paul Ruksznis

6 beef bouillon cubes
1 (16 oz.) can tomatoes
1 large onion, diced
3/4 c. diced celery
1 medium carrot, diced
1 bay leaf
1/8 tsp. pepper
1/2 lb. ground beef
1 (10 oz.) pkg. frozen peas
3 Tbsp. chopped parsley
1 clove garlic, crushed
1/2 tsp. salt

About 1 hour before serving: In large saucepan over high heat, heat 5 cups water to boiling; add bouillon cubes and stir until dissolved. Add next 8 ingredients; cover and simmer over low heat 20 to 30 minutes.

Meanwhile, in small skillet over medium high heat, cook meat, stirring constantly until it loses its red color. Add meat and peas to soup and cook 10 minutes or until peas are fork tender; discard bay leaf. Stir in parsley just before serving. Serves 6.

JELLIED PINEAPPLE AND CUCUMBER SALAD

Mrs. James Salley
Dover-Foxcroft

2 Tbsp. plain gelatin
3/4 c. cold water
2 c. pineapple juice and boiling water
1/4 c. vinegar
1/4 c. sugar
1 tsp. salt
1 c. diced pineapple (4 slices)
1 c. diced cucumber
1 Tbsp. minced onion

Soak gelatin in the cold water. Measure pineapple juice and add enough water to make 2 cups of liquid; heat to boiling and pour over softened gelatin. Add vinegar, sugar and salt. Allow to partially set, then fold in pineapple, cucumber and onion. Pour into a water - rinse mold; chill. To serve, unmold on lettuce. If green food coloring is used, add it with the vinegar.

CHRISTMAS SALAD

Mrs. Mabel W. Johnston

2 pkg. strawberry jello
3 1/2 c. boiling water
2 Tbsp. lemon juice
1 Tbsp. vinegar
1 Tbsp. grated onion
2 pkg. cream cheese (3 oz.)
1 grapefruit
1 c. diced celery
1 unpared apple, diced

Dissolve jello as usual and then mix with 4 following ingredients and chill until syrupy. Reserve part of gelatin at room temperature. Form cheese into balls and alternate in casserole between sections of grapefruit. Spoon syrupy gelatin about 1/4 inch around this and then add more syrupy gelatin to cover cheese balls. Chill until firm.

Fold celery and apple in remaining gelatin and gently spoon over firmly set design. Chill several hours.

FRUITED CHEESE SALAD

Mrs. Linda Fortier

3 c. cream style cottage cheese
1 qt. frozen whipped dessert topping, thawed
2 (3 oz.) pkg. orange-pineapple flavored gelatin
1 (13 1/2 oz.) can pineapple tidbits, drained
1 (11 oz.) can Mandarin orange sections, drained

In mixer bowl blend together cottage cheese and thawed topping. Beat until blended. Stir in dry gelatin. Fold in pineapple and Mandarin oranges. Press into 7 or 8 cup mold. Chill several

FRUITED CHEESE SALAD (Continued)

hours or overnight. Unmold onto serving plate, garnish with endive.

HOLIDAY SALAD

Mrs. Wanda Foster
Sangerville, Maine

Use 1 package lime jello in 2 cups boiling water. Pour into 3 quart mold. Let set.

Use 1 package lemon jello in 1 cup boiling water. Add 1 cup small marshmallows and melt in double boiler. Cool; add 1 large can crushed pineapple and juice, 1 small package cream cheese and 1 cup heavy cream, whipped. Pour in mold over first layer. Let set.

Use 1 package cherry jello in 2 cups boiling water (cool). Pour over second layer. Let set.

JELLIED CHICKEN SALAD

Mrs. June Gillis
Blanchard, Maine

1 envelope unflavored gelatin
1 3/4 c. chicken broth
2 c. cut up cooked chicken
2 Tbsp. lemon juice
1/4 c. chopped celery
2 Tbsp. pimiento stuffed olives, sliced
1 Tbsp. minced onion
1/2 tsp. salt
Pimiento
Tomato wedges

Sprinkle gelatin on 1/2 cup chicken broth to soften, stir over low heat until gelatin is dissolved, stir in remaining broth. Chill until slightly thickened. Stir in chicken, lemon juice, celery, olives, onion and salt (into gelatin). Pour into loaf pan, 9 x 5 x 3 inches. Chill until firm. Garnish with pimiento and tomato wedges. 4 servings.

LIME SALAD

Mrs. Donna Leonard
Hampden Highlands

1 pkg. lime jello (small)
1 c. hot water
1 (9 oz.) can crushed pineapple with juice

Mix all together and cool until it starts to jell. Blend 1 tablespoonful mayonnaise with a 3 ounce package softened cream cheese. Stir into jellied mixture. Fold in 1 cup whipped cream and chill. Add cherries to bottom of dish.

LIME PARTY SALAD

Mrs. Mary McReavy

Melt in top of double boiler 1/4 pound marshmallows (about 16) and 1 cup milk. Pour hot mixture over 1 small package lime jello, stir until dissolved; then stir in 2 (3 ounce) packages cream cheese. Stir until cheese is dissolved. Add 1 (#2) can undrained, crushed pineapple. Cool. Blend in 1 cup whipping cream, whipped and 2/3 cup mayonnaise. Chill in molds until firm.

PEAR AND GINGER SALAD

Mrs. Harriet Colson

1 pkg. lemon gelatin
1 2/3 c. boiling water
1/4 c. salad dressing
1 c. diced pears
1/2 c. cream cheese
2 1/2 Tbsp. chopped, candied ginger
1/3 c. chopped nuts (optional)
1/4 tsp. salt
1 Tbsp. lemon juice

Dissolve gelatin in the boiling water. Allow this mixture to set until syrupy. Fold in all the ingredients; chill until firm.

BAKED BEAN LOAF

Mrs. Donna Leonard
Hampden Highlands, Maine

3 c. baked beans
1 egg
1 c. milk
1 c. bread crumbs
1 onion, chopped fine

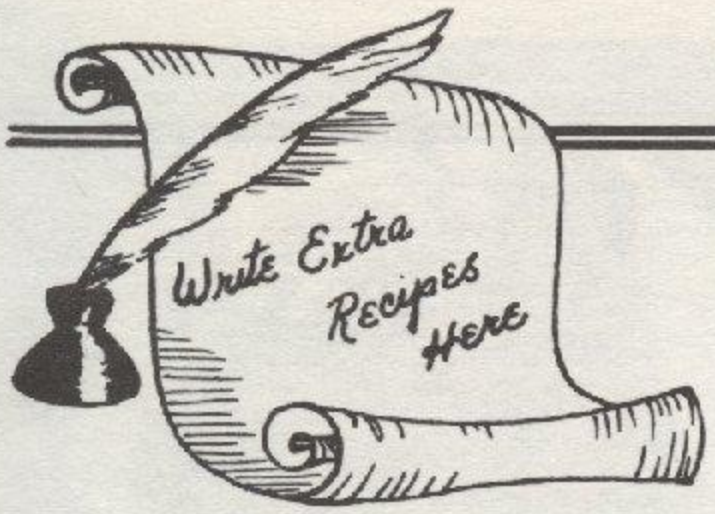
Mash beans and add onions, bread crumbs and egg. Mix with milk, salt and pepper. Bake in slow oven - serve with ketchup.

BANGELI SALAD

Miss Pamela Colson

1 pkg. lime gelatin
Small can pineapple
Pineapple juice from can and juice of 1/2 lemon
2 bananas, sliced
1 c. hot water
1/2 c. chopped celery
1/2 tsp. curry powder

Mix gelatin, liquids and curry powder. Set until thickened. Then add pineapple, celery and bananas. Serve with your favorite salad dressing.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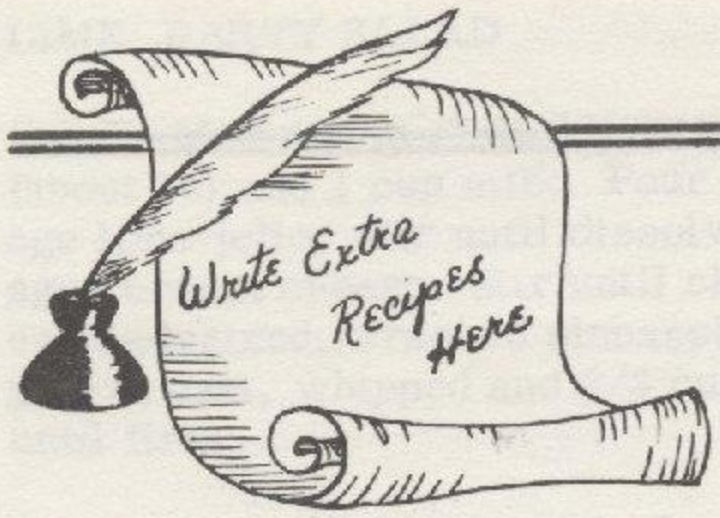
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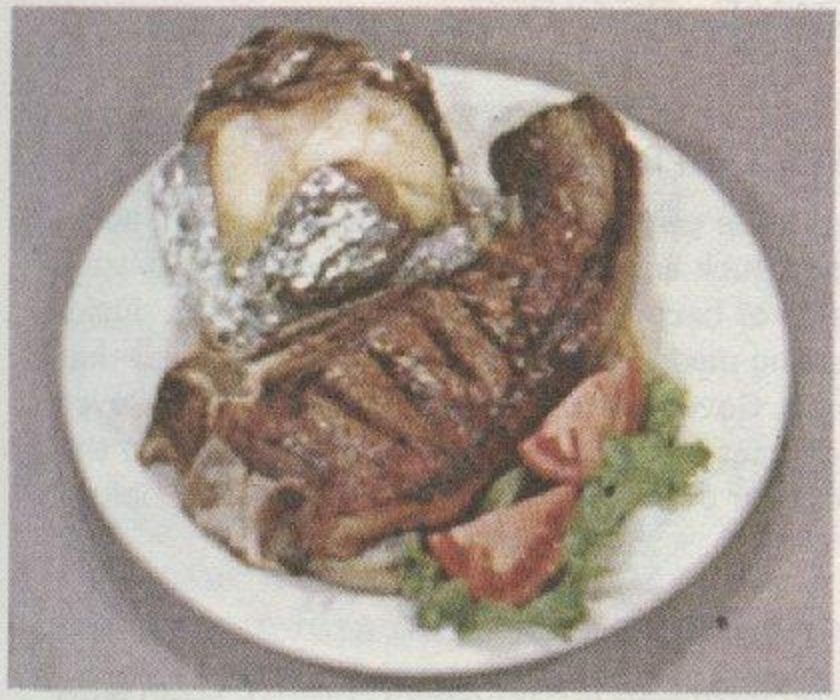

MEAT

SEAFOOD

POULTRY

WILD GAME RECIPES

ROASTED WILD DUCK

Clean, wipe and dry the ducks. Sprinkle generously with flour, salt and pepper. Place whole peeled onion inside each duck and place them in self-basting roaster. Fasten with toothpicks 2 or 3 strips of bacon across each bird. If desired, ducks may be stuffed with wild rice dressing made by boiling rice (wild) and seasoning with salt, pepper and chopped onion. Cover bottom of roaster with water. Cover tightly and roast in oven at 350 degrees for 1 1/2 to 2 hours, depending on the number and size of ducks. Remove cover of roaster for last 15-20 minutes, before taking from oven to allow skin to brown.

LARDED GROUSE

On each bird lay thin slices of bacon until bird is completely covered. Wrap with string to keep bacon in place. Put in roasting pan and pour over birds sufficient water to provide basting. Roast for 20-25 minutes at 400 degrees. Remove strips of bacon, brush birds with melted butter, dredge with flour and place in oven again until the birds turn a rich brown.

SOUTHERN FRIED QUAIL

Dry, pick quail. Clean and wipe thoroughly, salt and pepper and dredge with flour. Have a deep (heavy) frying pan with close-fitting lid half full of hot fat. Put in quail, cook for a few minutes over a hot fire, then cover skillet and reduce heat. Cook slowly until tender, turning the quail to the other side when golden brown. Serve on hot platter garnished with slices of lemon and sprigs of parsley.

VENISON WITH SOUR CREAM

2 lbs. venison
1/4 c. fat
1 c. diced celery
1/2 c. minced onion
1 bay leaf
4 Tbsp. butter
1 clove garlic
1 c. diced carrots
2 c. water
1 tsp. salt
4 Tbsp. flour
1 c. sour cream

Cut venison in pieces and melt fat in heavy frying pan. Add meat and garlic. Brown on all sides and arrange in dish. Put vegetables in remaining fat and cook for 2 minutes. Add salt, pepper and water. Pour over meat. Bake in slow oven until meat is tender. Melt butter in frying pan and stir in flour. Add water that the meat was cooked in and boil until thick. Add sour cream and more salt if necessary. Pour over meat and vegetables. Serve with buttered noodles and currant jelly.

MOOSE STEAK

1/2 c. onions, chopped fine
1/2 c. sweet or sour cream
1 c. chopped mushrooms
2 Tbsp. butter
2 Tbsp. flour

Fry onions, brown in butter. Sear steak on both sides in butter and browned onion. Cover and let simmer for 1/2 hour. When almost tender, add the mushrooms and the flour, stirred into the cream. Cover and let simmer for 20 minutes

MEAT, SEAFOOD, POULTRY

BEEF WITH GREEN PEPPERS — Miss Pamela Colson

1 lb. lean beef
1 Tbsp. cornstarch
1 tsp. sugar
3 Tbsp. soy sauce
2 or 3 green peppers
4 Tbsp. oil (divided)
1/2 tsp. salt
1 garlic clove, crushed

Cut beef across the grain in 2 inch strips, 1/2 inch thick. Combine cornstarch, sugar, soy sauce and salt. Add 1 tablespoonful water. Cut peppers into 1 1/2 inch pieces and pour 2 tablespoonfuls oil in the skillet. Add green peppers, cook about 1 minute until peppers turn dark green in color. Remove the peppers and add 2 tablespoonfuls oil and garlic. Stir in meat and cook until done. When the meat is done, add the cooked green peppers. May be served with fluffy rice.

CALORIE COUNTER SKILLET VEAL — Mrs. June Gillis, Blanchard, Maine

6 boneless veal cutlets, (4 oz. each)
2 Tbsp. shortening
1 tsp. salt
1 (16 oz.) can tomatoes
1 (1 1/2 oz.) pkg. spaghetti sauce mix with mushrooms
1 (16 oz.) can peas and carrots, drained
1 (16 oz.) can whole drained onions
1 (6 oz.) can mushrooms, drained, sliced, (reserve 1/4 cup liquid)

Pound meat until 1/4 inch thick. Melt shortening in large skillet, brown meat. Season with salt; stir in tomatoes, spaghetti sauce mix and sherry, heat to boiling.

Reduce heat, cover and simmer 10 minutes, stirring occasionally. Add onions, mushrooms, the reserved liquid, peas and carrots. Cover and simmer 10 minutes. 6 servings. 305 calories each serving.

HAMBURGER PIE — Mrs. Beatrix E. Bray, Sangerville, Maine

1 lb. hamburger steak
2 medium onions, sliced
3 Tbsp. fat
4 white potatoes, cubed
Short biscuit crust
3 diced carrots
1 tsp. celery salt or celery seed
2 Tbsp. flour
2 c. water

Place hamburger steak in a heavy frying pan and break up with a fork. Add the onions and fat, browning slightly.

HAMBURGER PIE (Continued)

Put in the potatoes, carrots, seasoning and water. Simmer gently for 20 minutes. Add the flour smoothed to paste in 3 tablespoonfuls cold water. Bring to boiling water. Pour into deep casserole, cover with short biscuit crust and bake until crust is brown - about 25 minutes in a hot oven of 400°.

MEAT LOAF

Mrs. Don Page

2 lb. hamburger
1 egg
1 tsp. salt
1/2 c. catsup
1 onion
6 slices bread
1/4 tsp. salt
Sage, onion
1 Tbsp. butter

Pat out hamburger on wax paper, cover with the dressing and roll as a jelly roll. Bake at 350° for 1 hour.

MEAT LOAF

Mrs. Phyllis Weatherbee
Dover-Foxcroft, Maine

1 lb. ground meat
1 c. whole wheat flakes
1 egg, beaten
1 c. milk
1/4 c. onion
4 Tbsp. ketchup (1 tsp. in loaf
3 Tbsp. on top)
1 1/2 tsp. salt
1/8 tsp. pepper
1 tsp. sugar

Bake at 375° for 1 to 1 1/4 hours.

ROMAN STYLE STEAK

Mrs. Wanda Foster
Sangerville, Maine

2 lb. round or sirloin steak, cut inch thick
1 envelope (1 1/2 oz.) spaghetti sauce mix
1 (1 lb.) can tomatoes
2 medium onions, sliced
1 Tbsp. oil
2 green peppers, sliced

In a large skillet brown steak in oil. Add contents of the envelope and tomatoes. Simmer covered about 1 hour or until tender. Add peppers and onions. Cook 10 minutes longer - 6 servings.

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SOUTHERN BAKED PORK CHOPS — Mrs. Linda Fortier

6 chops
1 Tbsp. oil
3/4 c. water
1/2 c. chopped celery
2 Tbsp. brown sugar
1 tsp. dry mustard
1 (8 oz.) can tomato soup

Sprinkle chops with salt and pepper. Brown in oil. Place in shallow baking pan. Combine remaining ingredients and pour over chops. Bake at 350° for 1 hour.

TO CORN BEEF — Mrs. Phyllis Mills

Use boneless chuck or round steak, amount desired. Rub well with salt (at least 3/4 to 1 cup depending on amount of meat used). Let set in refrigerator 24 hours in a covered enamel or glass dish, then cover it with water and let set 48 hours longer. Drain, wash off salt, if crusted. Cook as usual. If meat is not used at end of the 48 hour period, leave in the brine, but soak in clear water overnight before cooking.

BAKED HADDOCK — Mrs. Harriet Colson

1 1/2 lb. haddock fillet
1/2 pt. sour cream
1 tsp. salt
1 can French fried onion rings

Wash the fish and drain thoroughly. Place in buttered baking dish. Blend salt into the sour cream and spread over the fish. Top with onion rings (some may be layered between the fish, if desired).

Bake, covered, 45 minutes at 350°. Uncover the last 15 minutes.

OYSTERS IN CREAM — Mrs. Elizabeth Ruksznis
Dover-Foxcroft, Maine

4 c. bread cubes
1/4 c. butter
1 pt. oysters
Salt, pepper, few grains nutmeg
1 c. heavy cream

Lightly brown bread cubes in the butter. Add bit of garlic salt to the butter in which the bread cubes are browned. Cover the bottom of a buttered casserole with 1/2 of the bread cubes. Arrange the oysters over the bread. Sprinkle lightly with the nutmeg. Sprinkle with salt and pepper; pour the cream over oysters and top with the remaining bread cubes. Bake in a moderate 350° oven for about 45 minutes.

TO CORN BEEF

Mrs. Faye Mithee

3 qt. water
1 c. salt
1/2 c. brown sugar
Small piece salt peter, size of hazel nut

Boil together and when cold, add piece of meat. Let stand 5 or 6 days.

SEA FISH PIE

Mrs. Beatrix E. Bray
Sangerville, Maine

1 c. canned peas
1 c. diced carrots, cooked
1 c. diced potatoes, cooked
1 can tuna fish, flaked
2 c. white sauce or use 1 can cream of chicken soup and enough water to make 2 cups. Thicken with 4 Tbsp. flour.
Salt and pepper

Mix and cover with pie crust, small biscuits, or buttered bread crumbs. Bake in moderate oven until crust or crumbs are brown.

SHRIMP CASSEROLE

Mrs. Alice Flanders

8 slices bread, buttered and cubed
1/2 lb. sharp cheese, cut up fine
2 c. raw or frozen Maine shrimp or 2 or 3 cans shrimp (4 1/2 or 5 oz.)
3 eggs, well beaten
2 1/2 c. milk (1 can cream of celery soup may be substituted for 1 c. milk)

Alternate layers of bread crumbs, cheese and shrimp, starting with bread cubes using a greased casserole. Beat eggs thoroughly, add milk (celery soup). Season with salt and pepper and a dash of paprika. Mix well, then pour this mixture over bread cubes, cheese and shrimp in casserole. Place casserole in pan of hot water. Bake at 325° for 1 hour.

CHICKEN SPAGHETTI

Miss Debby Mills

1 large chicken and 1 large onion in large kettle and cover with salted water. Simmer until chicken is tender. Set aside to cool, save the liquid. Skin and bone the chicken.

Saute 1 onion, chopped fine, 1 green pepper, chopped fine in 1 stick of oleo. Add chopped chicken, 1 medium size can tomatoes, 1 can undiluted mushroom soup, 1 can undiluted tomato soup; 1 small can of mushrooms, 1/3 cup chopped black (ripe) olives. Cook over low heat until heated through.

CHICKEN SPAGHETTI (Continued)

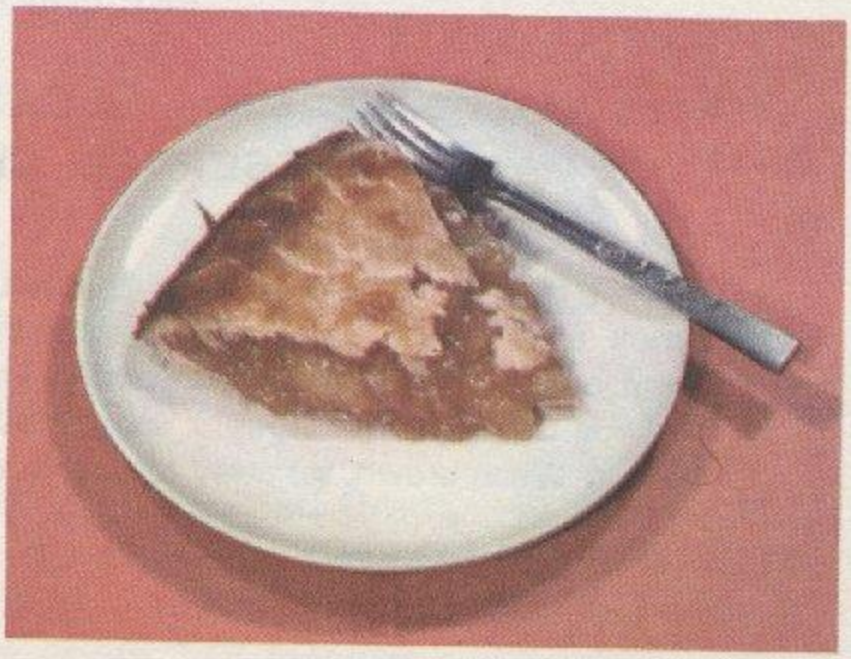
Cook 1 pound package of thin spaghetti (broken in pieces) in the chicken stock until tender. Drain. Combine with other ingredients and put into casserole. Sprinkle with grated Cheddar cheese (about 1 pound). Bake until cheese melts. This freezes well.

** EXTRA RECIPES **

BREAD

ROLLS

PASTRY



COOKING SUGGESTIONS

To toast coconut for cakes, put in pie pan and place in moderate oven. Stir often from edges, to brown evenly.

* * * * *

Flour should be sifted once before measuring. Fill the cup without packing.

* * * * *

Do not grease the sides of cake pans, grease only the bottoms.

* * * * *

When beating egg whites do not tap beater on bowl of egg whites. The jarring of beater will cause the whites to lose a great deal of their fluffiness. The beater should be tapped on the hand to clear off the whites.

* * * * *

Rub the bottom of the soup cup with a sliced whole garlic to accent the flavor of Navy Bean Soup.

* * * * *

Eggs should be at least three days old before using in cakes.

* * * * *

SLOW OVEN . . . . . 250 to 325 degrees
MODERATE OVEN. . . . 350 to 375 degrees
HOT OVEN . . . . . 400 to 450 degrees
VERY HOT OVEN . . . . 450 to 500 degrees

* * * * *

When making cake icing or candy consisting of milk or cream and sugar, add one teaspoon of ordinary table syrup for each cup of sugar used. Boil in the usual way. Your finished product will be much smoother and not so apt to become sugary.

PRESERVED CHILDREN

Take 1 large field, half a dozen children, 2 or 3 small dogs, a pinch of brook and some pebbles. Mix the children and dogs well together; put them on the field, stirring constantly. Pour the brook over the pebbles; sprinkle the field with flowers; spread over all a deep blue sky and bake in the sun. When brown, set away to cool in the bathtub.

BANANA BREAD

Miss Maureen Magee

1 c. sugar
2 Tbsp. shortening
3 bananas, mashed
1/2 c. chopped walnuts
1 egg
2 Tbsp. sour milk
2 c. flour
1/2 tsp. baking powder
1 tsp. soda
1/2 tsp. salt

Cream shortening, sugar, egg, bananas and sour milk. Alternate with sour milk the dry ingredients. Add nuts. Place in greased and floured bread pan; bake at 350° for 1 hour and 5 minutes. Turn immediately onto wax paper and wrap.

BANANA BREAD

Miss Kerry Jones
Dover-Foxcroft, Maine

1/2 c. oleo
3 bananas, mashed well
1 c. sugar
2 c. flour
2 eggs, beaten well
1 tsp. soda
Salt

Cream oleo, add sugar gradually. Beat in eggs, add mashed bananas and beat well. Add flour with soda and a little salt. Add 1/4 cup walnuts. Bake 40 to 50 minutes at 350°.

ROLLED OAT MUFFINS

Miss Ronda Edgerly

1/2 c. brown sugar
1 egg
1 c. sweet milk
1 c. rolled oats
1/2 c. Crisco oil (scant)
1 1/2 c. flour
Salt
3/4 tsp. soda
2 1/2 tsp. baking powder

Bake at 425° for 15 minutes.

CASSEROLE ONION BREAD

Miss Deborah Fairbrother
Dover-Foxcroft, Maine

1.
1 c. milk, scald
1 Tbsp. salt
3 Tbsp. sugar
1 1/2 Tbsp. butter

2. 3/4 cup warm water into warm bowl, add 2 packages yeast. Stir until dissolved. 3. Add lukewarm milk mixture, 1/2 cup minced onion and 4 cups unsifted flour. 4. Stir until blended, about 2 minutes. 5. Cover. Let rise in warm place until more than doubled in bulk - about 45 minutes. 6. Stir batter down, beat vigorously about 1/2 minute.

Guilford, Maine

CASSEROLE ONION BREAD (Continued)

7. Turn into greased 1 1/2 quart casserole. 8. Bake uncovered at 375° about 1 hour.

SQUASH MUFFINS

Miss Lori-Jean Johnson
Dover-Foxcroft, Maine

2 c. flour
3 tsp. baking powder
2 eggs
1 tsp. salt
4 Tbsp. sugar
1 heaping c. squash
3/4 c. milk

Mix dry ingredients then add milk. Bake at 425° for 25 minutes.

PIE CRUST (For 2 pies)

Mrs. George Magee

4 c. flour
1 2/3 c. Crisco
1 Tbsp. vinegar
1 tsp. salt
1 egg
2 tsp. sugar
1/2 c. milk

Sift dry ingredients into bowl - blend in Crisco - make well in middle and add liquid. Mix with fork until the size of small peas.

CHOCOLATE COOKIE PIE

Mrs. Gail Packard

3 egg whites, beat until frothy
1 tsp. baking powder
3/4 c. crushed Oreo cookies (8)
1/4 tsp. salt
3/4 c. sugar
1/2 c. walnuts

Add to beaten egg whites the salt, baking powder, and sugar. Beat until stiff. Add cookies and nuts. Pour into greased 9 inch pie plate and bake 30 minutes at 325°. Serve with Cool Whip and shaved chocolate.

LEMON CAKE PIE

Marion Wharff

Preheat oven to 425° (hot). Make stir-n-roll pastry for 9 inch one crust pie.

Beat:

2 eggs
1 c. milk
1/4 c. sifted flour
1/2 c. lemon juice
1 c. sugar
1 tsp. grated lemon rind

LEMON CAKE PIE (Continued)

Fold in 2 egg whites, beaten stiff but not dry. Pour into baked pie shell.

LEMON SPONGE PIE — Miss Maureen Magee

Butter, size of egg, melted
1 c. sugar
2 heaping Tbsp. flour
2 egg yolks, beat to a cream
Juice and rind of 1 lemon
1 c. milk
2 egg whites, (beat until stiff, then fold in)

Bake in 1 crust.

RASPBERRY LEMON PIE — Mrs. Mary L. Johnston

Beat:
1 (3 1/2 or 3 3/4 oz.) pkg. instant lemon pudding mix
1 1/2 c. milk

Let stand 5 minutes. Fold in 4 1/2 ounce container frozen whipped topping, thawed. "Swirl" in 1 (10 ounce) package frozen raspberries, thawed and drained. Pour into 8 inch graham cracker crust.

RHUBARB SPONGE PIE — Mrs. Flora Fortier

Stew and cool:
2 c. rhubarb
2/3 c. sugar

Filling:
1/2 c. sugar
2 Tbsp. flour
2 egg yolks
1 tsp. lemon extract
1 c. milk

Add to rhubarb mixture. Beat 2 egg whites stiff. Fold into mixture; bake in uncooked shell. Moderate oven for 45 minutes to 1 hour.

BLUEBERRY SCONE — Mrs. James Salley, Dover.-Foxcroft, Maine

2 c. sifted flour, all purpose
1/2 c. sugar
2 tsp. baking powder
1/2 tsp. soda
1/2 c. shortening, margarine, or butter
2 eggs, beaten
1/2 c. sour milk or buttermilk
1 c. blueberries

BLUEBERRY SCONE (Continued)

Mix and sift together flour, sugar, baking powder, soda and salt; cut in shortening as for biscuits. Add beaten eggs, and sour milk or buttermilk to make soft dough. It may take a few more tablespoonfuls of sour milk, depending on the size of eggs and brand of flour. Mix in the blueberries, and bake in a greased pan 7 x 11 x 1 inch, in a moderately hot oven of 375° for 25 to 30 minutes. Cut in squares to serve hot.

DANISH PUFF PASTRY

Mrs. Virginia McDonald
Sangerville, Maine

Mixture #1:
1 c. flour
2 Tbsp. water
1/2 c. soft butter or oleo

Combine ingredients in Mixture #1, mix well. Roll with hands into two long strips. Arrange strips on cookie sheets lengthwise. Pat flat with fingers.

Mixture #2:
1/2 c. butter
1 c. flour
1 c. water
1 tsp. almond flavoring
3 eggs

Place butter and water in saucepan and bring to a boil. Remove from heat, add almond flavoring and flour all at once. Beat well after each addition. Spread Mixture #2 on flattened strips on cookie sheet. Bake at 350° for 50 to 60 minutes. Frost while warm with frosting made of confectioners sugar and water.

FRENCH BREAKFAST PUFFS

Mrs. Marcia Hayes
Dover-Foxcroft, Maine

1/3 c. shortening
1/2 c. sugar
1 egg
1 1/2 c. flour
1 1/2 tsp. baking powder
1/2 tsp. salt
1/4 c. milk
1/3 c. butter, melted
1/2 c. sugar
1 tsp. cinnamon

Heat oven to 350°. Bake in muffin cups. Mix all ingredients except butter, sugar and cinnamon. Bake for 20 minutes. Roll muffins in melted butter, then in sugar-cinnamon mixture.

Guilford, Maine

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PAT'S DAIRYLAND

DOVER-FOXCROFT

GUILFORD, MAINE

WHITE BREAD

Miss Norine Foster
Sangerville, Maine

1 cake or pkg. yeast
1/4 c. lukewarm water
2 c. milk
5 or 6 c.. sifted flour
(enough to make a dough
which can be handled)
2 tsp. salt
2 Tbsp. sugar
1 to 2 Tbsp. shortening

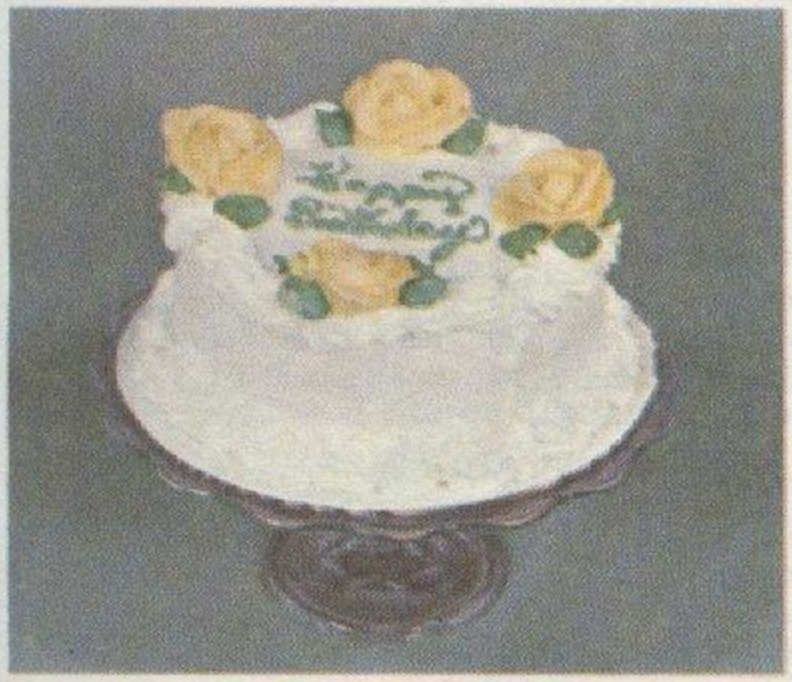
Soften yeast in lukewarm water. Scald milk. In a mixing bowl, measure sugar, salt, shortening, and pour milk over them. Cool to lukewarm. Add 2 cups flour. Stir well, beat to remove lumps. Add softened yeast. Stir; add flour to form a moderately stiff dough -- one that can be handled on a board. Turn dough out on a lightly floured cloth or board. Knead lightly and quickly until smooth, elastic and shiny. Use the least amount flour possible.

Put the dough into a clean, greased bowl. Turn dough so all sides will be greased. Cover and let rise in a warm place until double in bulk -- about 1 1/2 to 2 1/2 hours.

Punch down. Let rise a second time - about 1 hour. Punch down. Divide dough into two loaves. Place in greased 4 x 3 x 8 inch loaf pan. Lightly grease top of loaf to prevent drying and cracking. Rise in pans until double in bulk - about 1 hour. Cover. To know when bread is ready to bake, press a finger in a corner of a loaf, if hole remains the bread is ready to bake.

Bake 15 minutes at 425°, then 30 to 45 minutes at 375°.

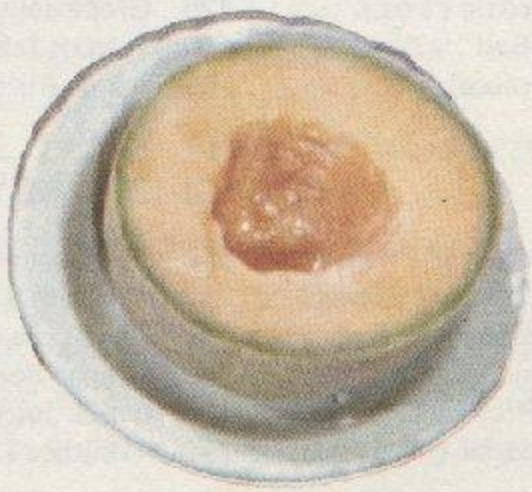
** EXTRA RECIPES **



CAKES

COOKIES

DESSERTS



IF YOU COUNT CALORIES

APPETIZERS, PICKLES, RELISHES

Shrimp Cocktail (½ c.) 100	Dill Pickle (1 large) 15	Pickle Relish (1 T.) 14
Crab Paste (1 t.) 10	Sour Pickle (1 large) 15	Mustard Pickle Relish (1 T.) . . 25
Melon Balls, frozen (1 c.) . . . 160	Sweet Pickle (1 med.) 20	Relish Cheese Spread (1 oz.) . . 70
Pate de fois gras (1 T.) 84	Cucumber Pickles (6 slices) . . . 29	Chili Sauce (1 T.) 15

SOUPS, SALADS, VEGETABLES

Bean Soup (1 c.) 191	Cole Slaw (1 c.) 102	Asparagus (6 spears) 21
Beef Soup (1 c.) 100	Gelatin, with fruit (sq.) 139	Green Beans (1 c. cooked) . . . 25
Chicken Soup, cream (1 c.) . . 200	Mixed greens, with	Broccoli (½ c.) 22
Clam Chowder, milk (1 c.) . . 200	French Dressing (½ c.) 50	Corn (1 ear) 85
Vegetable Soup (1 c.) 82	Waldorf (½ c.) 140	Peas, canned 170

MEAT, SEAFOOD, POULTRY

Hamburger, reg. (3 oz.) . . . 245	Catfish (3 oz.) 168	Chicken (small leg, fried) 64
Roast, lean only (3 oz.) 110	Lobster Newburg (½ c.) 185	Baked Chicken (2 slices) . . . 158
Beef steak, round (4 oz.) . . . 288	Pink Salmon, canned (3 oz.) . 122	Stewed Chicken (½ breast) . . 207
Pork Chops, lean (1.6 oz.) . . 120	Fried Clams (10) 250	Turkey, roasted (1 slice) . . . 100
Pork Roast, lean (2.2 oz.) . . 160	Tuna, canned (3 oz.) 169	Creamed Turkey (1 c.) 430

BREAD, ROLLS, PASTRY

Cinnamon Bread (1 slice) . . 130	Hamburger Roll (1) 150	Apple Turnover (1) 275
Cracked Wheat Bread (1 slice) .60	Parker House Roll (1) 125	Cream Puff (1) 296
French Bread (1 sm. slice) . . . 54	Plain Roll (1) 118	Cherry Pie (1 piece) 340
White Bread (1 slice) 60	Sweet Roll (1) 178	Apple Pie (1 piece) 331
Whole Wheat Bread (1 slice) . . 55	Whole Wheat Roll (1) 98	Lemon Meringue (1 piece) . . 302

CAKES, COOKIES, DESSERTS

Angel Food Cake (sm. slice) 110	Fig Bar (large) 87	Strudel (1) 200
Cheesecake (1 piece) 275	Macaroon (1) 55	Apple Dumpling (1) 345
Chocolate Cake, plain (1 pc.) 150	Oatmeal Cookie (1 large) . . . 114	Chocolate Pudding (½ c.) . . . 175
Pound Cake (1 slice) 130	Peanut Cookies (1) 50	Prune Whip (½ c.) 100
Sponge Cake (1 piece) 117	Vanilla Wafer (1) 25	Vanilla Pudding (½ c.) 138

CANDY, JELLY, PRESERVES

Divinity (1 sq.) 100	Blackberry Jelly (1 T.) 50	Blackberry Jam (1 T.) 55
Fudge (1 oz.) 118	Currant Jelly (1 T.) 50	Plum Jam (1 T.) 59
Peanut Brittle (1 oz.) 125	Grape Jelly (1 T.) 54	Preserves (1 T.) 55
Popcorn Ball 100	Lemon Jelly (1 T.) 40	Strawberry Jam (1 T.) 55
Taffy (1 piece) 50	Apple Butter (1 T.) 33	Orange Marmalade (1 T.) 56

CASSEROLES, BEVERAGES, MISCELLANEOUS

Beef Stroganoff (med. serv.) 450	Lemonade (1 c.) frozen 75	1 scrambled egg 100
Beef & Vegetable Stew (1 c.) 252	Tea with 1 t. sugar 16	1 T. mayonnaise 100
Chicken Paprikash (sm. serv.) 445	Coca-Cola (8 oz.) 107	1 T. peanut butter 100
Hungarian Goulash (½ c.) . . . 165	Orange Soda (8 oz.) 95	Spaghetti w/ meat sauce (1 c.)350
Spanish Rice (¾ c.) 130	Grape Juice (1 c.) 165	French Dressing (1 T.) 60
Crab Imperial (1 serving) . . . 150	V-8 juice (1 c.) 98	Vanilla Ice Cream (¼ pt.) . . . 150

BLACK BOTTOM CUPCAKES

Miss Ronda Edgerly

Cream together:

1 (8 oz.) pkg. cream cheese
1 unbeaten egg
1/3 c. sugar
1/2 tsp. salt

Add a 6 ounce package chocolate chips (3/4 c.). Mix well and set aside.

Dry mixture:

1 1/2 c. flour
1/4 c. cocoa
1/3 c. Wesson oil
1 c. sugar
1 tsp. soda
1 tsp. salt
1 c. water
1 tsp. vinegar

Add liquid mixture to dry ingredients. Mix well. Put paper baking cups in pan. Fill 1/3 full chocolate batter top with cream cheese mixture and bake at 350° for 25 minutes.

BLUEBERRY CAKE

Mrs. Betty Bates

1 egg
1 c. sugar
1/2 c. butter (small) melted
1/2 c. milk
2/3 tsp. cream of tartar
1/3 tsp. soda
1 c. blueberries
1 1/2 c. sifted flour

Beat egg; add sugar gradually, add butter and milk. Add sifted dry ingredients. Stir until blended, lastly add blueberries. Bake in 8 x 8 inch square pan or if doubled, in 9 x 13 inch pan. Bake at 350° for 30 to 40 minutes.

MELT - IN - YOUR - MOUTH BLUEBERRY CAKE

Mrs. Elizabeth Ruksznis
Dover-Foxcroft, Maine

2 eggs, separated
1 c. sugar
1/2 c. shortening
1/4 tsp. salt
1 tsp. vanilla
1 1/2 c. sifted all purpose flour
1 tsp. baking powder
1/3 c. milk
1 1/2 c. fresh blueberries

Beat egg whites until stiff and add about 1/4 cup of sugar to keep them stiff. Cream shortening, add salt and vanilla. Add remainder of sugar, then egg yolks. Beat until light and creamy. Sift flour, measure and sift together with baking powder. Add alternately to creamed mixture with milk. Fold in egg white

MELT - IN - YOUR - MOUTH BLUEBERRY CAKE (Continued)

mixture, then blueberries, (add 1 tablespoonful flour to lightly coat them). Turn into well-greased 8 x 8 inch pan. Sprinkle top lightly with granulated sugar. Bake at 350° for 50 minutes.

BOILED RAISIN CAKE — Mrs. Judith Fortier

1/2 lb. seeded raisins
1/2 square butter
1 c. sugar
2 eggs
Salt
Vanilla
2 c. flour
1/2 c. raisin juice

Put raisins on stove with water enough to cover them - boil 10 minutes. Steam and let cool. Cream butter and sugar, 1/2 cup of juice strained from raisins with 1 rounded teaspoonful soda. Bake 40 minutes.

CANADIAN WAR CAKE — Mrs. Arlene Fairbrother
Dover-Foxcroft, Maine

2 c. dark brown sugar
2 Tbsp. Crisco
1 tsp. salt
1 tsp. cloves
2 c. hot water
1 pkg. seedless raisins
1 tsp. cinnamon

Boil all these ingredients 5 minutes, after they begin to bubble. When cold, add 1 teaspoonful soda dissolved in 1 teaspoonful hot water. Add 3 cups flour. Bake in 2 bread tins. Bake at 325° for 45 minutes.

CHOCOLATE CAKE — Mrs. Helen Sears
Dover-Foxcroft, Maine

1/2 c. melted lard
1 beaten egg
3 Tbsp. cocoa
Salt
1/2 c. hot water
1 c. sugar
1 1/2 c. flour
1 tsp. soda
1/2 c. sour milk
Vanilla

Cream lard with sugar, add egg, flour sifted with cocoa, soda, salt. Add sour milk; mix well. Add hot water and vanilla.

CHOCOLATE UPSIDE-DOWN CAKE — Mrs. Helen Sears
Dover-Foxcroft, Maine

1 c. flour
1 tsp. baking powder
1/4 tsp. salt
2/3 c. sugar
1/4 c. soft butter
1 egg

Guilford, Maine

CHOCOLATE UPSIDE-DOWN CAKE (Continued)

6 Tbsp. milk
1 tsp. vanilla
1 sq. unsweetened chocolate

Melt 3 tablespoonfuls butter in pan. Add 1/2 cup sugar and 2 cups fruit. Pour batter over fruit mixture. Bake at 350°.

DATE CAKE — Miss Maureen Magee

1 c. boiling water
1 pkg. dates, cut in pieces
1 tsp. soda
Shortening, size of egg
1 c. sugar
2 c. sifted flour
Salt
Vanilla

Cook first 4 ingredients in saucepan. Cool, then add other ingredients. Bake at 350° for 35 minutes.

STRAWBERRY SHORTCUT CAKE — Mrs. Mary McReavy

1 c. miniature marshmallows
2 c. frozen strawberries (in syrup completely thawed)
1 pkg. strawberry gelatin (3 oz.)
2 1/2 c. sugar
3 eggs
1/2 c. shortening
3 tsp. baking powder
1/2 oz. salt
1 c. milk
1 tsp. vanilla

Generously grease 13 x 9 inch pan. Sprinkle marshmallow evenly over bottom of pan. Combine thawed strawberries and syrup with dry gelatin; set aside. In large mixing bowl, combine remaining ingredients. Blend at low speed until moistened, beat 3 minutes at medium speed. Pour batter evenly over marshmallows. Spoon strawberry mixture over batter. Bake at 350° 45 to 50 minutes. Serve with whipped cream.

QUICK CHOCOLATE CAKE — Miss Judy Salley
Dover-Foxcroft, Maine

Sift together into bowl:
1 c. sugar
1 1/2 c. flour
4 Tbsp. cocoa, (level)
1 tsp. soda
1 tsp. salt

Make 3 holes in dry ingredients and pour in:
6 Tbsp. cooking oil in first
1 Tbsp. vinegar in second
1 tsp. vanilla in third

Pour 1 cup cold water over all. Mix with a fork and bake at 350° for 30 minutes.

Guilford, Maine

CHOCOLATE FROSTING — Miss Becky Mills

1 egg
1/3 c. shortening (vegetable or 1/2 oleo)
2 c. confectioners sugar
2 sq. melted chocolate
1 tsp. vanilla

Put all ingredients into mixing bowl and beat to desired consistency. Note: for white frosting, eliminate chocolate.

SATINY BEIGE FROSTING — Miss Becky Mills

2/3 c. brown sugar, packed
3 Tbsp. water
1/2 c. light corn syrup
Pinch of salt
1/3 c. egg whites (2 large)
1 1/2 tsp. vanilla

Combine brown sugar, water and syrup in saucepan. Boil rapidly until a 6 to 8 inch thread forms or 242° with thermometer. Beat egg whites stiff. Pour hot syrup into the egg whites, slowly, beating constantly. Add vanilla and continue beating until icing holds stiff peaks.

FROSTING — Mrs. Pau. Ruksznis

1 egg, beaten
2 c. confectioners sugar
2 sq. chocolate, melted or 1 tsp. flavoring

Mix with electric mixer. Enough frosting for filling and top and sides of two layer cake.

APPLE BROWNIES — Mrs. Eva L. Burgess, Sangerville, Maine

1/2 c. butter or margarine
1 c. sugar
1 egg
2 large apples, peeled and diced
1/2 c. chopped nuts
1 c. plus 2 Tbsp. flour, sifted
1/2 tsp. soda
1/2 tsp. baking powder
1/2 tsp. nutmeg
1/2 tsp. cinnamon

Bake in a greased 7 x 11 inch pan 20 to 25 minutes at 350°. It is a stiff dough.

BROWNIES

Miss Kerry Jones
Dover-Foxcroft, Maine

1 c. sugar
2 sq. chocolate, melted
Walnuts
Salt
1/3 c. oleo
2 eggs
1 c. flour

Combine all ingredients and bake at 350°.

COFFEE BARS

Mrs. Janice Anderson
Dover-Foxcroft, Maine

1/4 c. shortening
1 egg
1 1/2 c. flour
1/2 tsp. soda
1/2 c. chocolate bits
1 c. brown sugar
1/2 c. hot coffee
1/2 tsp. baking powder
1/2 tsp. cinnamon
1/4 c. chopped nuts

Cream shortening and sugar. Add egg and beat thoroughly. Add hot coffee. Mix well. Sift together flour, baking powder, soda and cinnamon. Add to the egg mixture. Add chocolate bits and nuts. Bake in greased baking pan (10 1/2 x 15 1/2 inches) at 350° for 15 to 20 minutes.

DATE FILLED DROP COOKIES

Mrs. Jane Jones
Dover-Foxcroft, Maine
Mrs. Betty Bates

1 c. shortening
2 c. brown sugar
2 eggs
1/2 c. water, sour milk or buttermilk
3 1/2 c. sifted flour
1 tsp. salt
1 tsp. soda
1 tsp. cinnamon
1 tsp. vanilla

Mix shortening, sugar and eggs together. Stir in liquid and vanilla. Sift together flour, soda, salt and cinnamon. Add to first mixture. Drop by teaspoonfuls on greased pan. Place 1/2 teaspoonful date filling on dough. Cover with 1 teaspoonful dough. Bake 10 to 12 minutes. Bake at 400°.

Date filling:
2 c. dates, cut fine
3/4 c. water
3/4 c. sugar
1/2 c. nuts

Cook until thick, stirring constantly. Cool.

GINGER COOKIES — Mrs. George Magee

3/4 c. shortening
1 c. sugar
1 egg, unbeaten
1/4 c. molasses
2 c. flour
2 level tsp. soda
1 level tsp. ginger
1 level tsp. cinnamon
1/2 level tsp. salt
1 tsp. vanilla

Cream first 4 ingredients, add remaining ingredients and mix well. Chill for 1 hour or overnight. Roll in small balls; roll in granulated sugar. Bake at 350° exactly 12 minutes.

FROSTED RAISIN BARS — Mrs. Alice Rennie, Abbot Village, Maine

1 c. raisins
1 c. water
1 c. sugar
1/3 c. shortening
1 tsp. cinnamon
1 tsp. cloves
1 tsp. nutmeg

Combine above ingredients in saucepan and bring to boil. Let boil 5 minutes; cool.

2 c. flour
1/2 tsp. baking powder
3/4 tsp. soda
Dash of salt

Combine ingredients and mix with cooled ingredients. Spread in large rectangle baking pan. Bake about 25 minutes at 350°. When cool, frost with icing.

1 c. confectioners sugar
1/2 tsp. vanilla
2 Tbsp. butter or oleo
Milk, to make spreading consistency

Cut in squares; makes 20.

"HELLO DOLLY" SQUARES — Mrs. Alice Flanders

1 stick butter or margarine
1 c. graham cracker crumbs
1 c. semi-sweet chocolate bits (not melted)
1 c. flaked coconut
1 c. chopped nuts
1 c. sweetened condensed milk

Use 9 x 9 inch pan. Melt the butter or margarine in it, then sprinkle in layers the graham cracker crumbs, coconut, chocolate bits and nuts (one layer each). Pour the condensed milk on top of everything. Bake at 350° for 30 minutes. Cool in the pan, cut in very small squares.

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AUNT NAN'S MOLASSES COOKIES

Mrs. Mary Magee Downs
Dover-Foxcroft, Maine

1 egg
1 c. sugar
2/3 c. melted shortening
1 c. molasses
4 level tsp. soda, dissolved in 2/3 c. hot water
1/2 tsp. salt
1 tsp. vanilla
1/4 tsp. ginger
1 tsp. cinnamon
1 tsp. cream of tartar
Flour to form stiff dough

Roll quite thick and bake in quick oven.

MOLASSES COOKIES

Miss Jean Anderson
Dover-Foxcroft, Maine

2/3 c. shortening
1/2 c. molasses
2 tsp. soda
1/2 tsp. cloves
1 tsp. ginger
1 c. sugar
1 egg
2 c. flour
1 tsp. cinnamon
Salt

Mix together. Form in small balls and roll in sugar; place on baking sheet. Bake at 375° for 10 minutes.

SPICE COOKIES

Mrs. Don Page

3/4 c. shortening
1 c. sugar
1 egg, beaten
1/4 c. molasses

Then sift together and stir in:

2 c. flour
2 tsp. soda
1/4 tsp. salt
1 tsp. cinnamon
3/4 tsp. ginger
3/4 tsp. cloves

Mix together, form into balls. Bake at 375° for 10 minutes.

MOLASSES HERMITS

Mrs. Marion Edgerly
Sangerville, Maine

1 1/2 c. sugar
1/2 c. molasses
3 eggs
1 c. Crisco or Spry
3 1/2 c. flour
2 tsp. soda
1/2 tsp. salt
1/2 tsp. cloves, allspice and nutmeg

Mix all together, then add: 1/2 cup walnuts and 1 cup raisins or dates.

Guilford, Maine

MOLASSES HERMITS (Continued)

Drop by spoonfuls on greased cookie sheet. Do not overcook. Let cool before removing from pan.

PAUL BUNYAN SUGAR COOKIES — Mrs. Arlene Fairbrother, Dover-Foxcroft, Maine

1 1/2 c. butter
1 Tbsp. vanilla
3 tsp. baking powder
1 1/2 c. sugar
2 Tbsp. milk
1/2 tsp. salt
2 eggs
4 c. flour, sifted

Cream together butter, sugar, eggs and vanilla until light and fluffy. Stir in milk. Sift together flour, salt and baking powder; stir into creamed mixture, blend well. Chill 1 hour. Roll chilled dough on lightly floured surface to 1/4 inch thickness. Cut with 2 pound coffee can. (About 5 inches in diameter.) Place cookies about 1 inch apart on ungreased cookie sheet. Bake at 375° for 10 minutes or until cookies are lightly browned. Makes 14 large cookies.

PEANUT BUTTER COOKIES — Miss Cathy Jones, Dover-Foxcroft, Maine

2 eggs
1 c. white sugar
1 c. brown sugar
1 c. melted shortening
1 c. peanut butter
1 Tbsp. vanilla
2 tsp. soda
1 tsp. salt
3 c. sifted flour

Beat all together. Shape in balls size of walnut; place on cookie sheet and press lightly with a fork. Bake in 350° oven. Makes 5 dozen.

PEANUT BLOSSOMS — Mrs. Faye Mithee

1 1/3 c. flour
1 tsp. soda
1/2 tsp. salt
1/2 c. shortening
1/2 c. peanut butter
1/2 c. white sugar
1/2 c. brown sugar
1 unbeaten egg
2 Tbsp. milk
1 tsp. vanilla

Sift together flour, soda and salt. Cream together shortening and peanut butter. Add gradually the sugars. Cream well and add egg, milk and vanilla. Beat well. Blend in dry ingredients. Shape in small balls and roll in sugar. Bake on ungreased cookie sheet for 8 minutes. Remove from oven, place on each one milk chocolate candy, press down with finger; bake 2 - 5 minutes, or more.

PEANUT BUTTER MAPLE STICKS

Mrs. Eva L. Burgess
Sangerville, Maine

2 c. flour
1/2 tsp. soda
1/2 tsp. baking powder
1/2 tsp. salt
1/2 c. chopped peanuts
1/2 c. shortening
1/2 c. peanut butter
1/2 c. brown sugar, packed
1/2 c. maple syrup
1 egg

Cream shortening, peanut butter and brown sugar. Add beaten egg and maple syrup. Sift dry ingredients and add to mixture. Divide dough in half. Shape each half in a roll about 2 inches in diameter. Roll in nuts.

Wrap in foil and chill for 2 hours. Slice and bake in 350° oven until brown, about 8 minutes.

PINEAPPLE COOKIES

Miss Debbie Ruland
Corrina, Maine

1 c. shortening
9 oz. can crushed pineapple
1 tsp. soda
1/2 c. chopped nuts
1 egg
1/2 tsp. salt
1 1/2 c. sugar
3 1/2 c. flour
1/4 tsp. nutmeg

Mix thoroughly shortening, sugar and eggs. Stir in the pineapple. Sift dry ingredients together and stir in. Mix in the nuts. Chill at least 1 hour. Drop rounded teaspoonfuls about 2 inches apart on lightly greased baking sheet. Bake until when touched lightly with finger, no imprint remains. Bake at 400° 8 to 10 minutes. Makes about 5 dozen.

PINEAPPLE DROP COOKIES

Mrs. Virginia McDonald
Sangerville, Maine

1 1/2 c. sugar
2 eggs
1/2 c. shortening
1 (8 1/4 oz.) can crushed pineapple
3 1/2 c. flour
1 tsp. soda
1 tsp. salt
1 tsp. vanilla

Cream sugar and shortening. Add eggs; beat. Add pineapple and vanilla. Sift dry ingredients and add. Drop. Bake at 400° for 10 to 12 minutes.

PORCUPINES

Mrs. Myrna Johnson
Dover-Foxcroft, Maine

1 pkg. dates, cut fine (1 lb.)
1 1/3 c. sugar
1 c. oleo
2 eggs

Combine and cook 10 minutes.

3 c. Rice Krispies
1 c. chopped nuts

Pour over first mixture and let cool. Roll in balls with coconut.

SOFT TOLL HOUSE COOKIES

Miss Sherry Hall

1 1/2 c. brown sugar
1/2 c. soft butter
1/2 c. boiling water
2 medium eggs, well beaten
Small pkg. chocolate bits
3 to 3 1/2 c. flour
1 tsp. soda
1 tsp. vanilla
1/2 tsp. salt

Cream sugar and shortening; add boiling water and mix well. Add beaten eggs and vanilla. Sift flour, soda and salt. Add a little at a time and mix well. Stir in chocolate bits. Let stand about 15 minutes. Drop by spoonfuls on greased cookie sheet and bake at 350°.

CHOCOLATE DOUGHNUTS

Mrs. Gail Packard

1 egg
1 c. sugar
1 c. sour milk
1 level tsp. soda
3 Tbsp. sour cream
4 dessert spoons cocoa
Salt and vanilla
Flour to roll

Combine all ingredients. Chill for several hours before rolling out.

DONUTS

Mrs. Jane Jones
Dover-Foxcroft, Maine

1 heaping c. sugar
1 c. sour milk or buttermilk
Salt
Pinch of ginger
2 eggs
3 tsp. oleo
1 tsp. soda
1 tsp. baking powder
Cinnamon
Nutmeg
Flour, to roll

JELLY DOUGHNUTS

Mrs. Lucille Smith
Monson, Maine

2 c. milk, heat to lukewarm
2 tsp. salt
2 yeast cakes (dissolved in a little warm milk)
4 eggs, well beaten
1 1/2 tsp. lemon extract
1/2 c. oleo
2/3 c. sugar
About 5 c. flour, maybe little more

Put on floured board and toss 2 or 3 times. Rise until double. Knock down, roll out, cut and let rise until about double and fry.

Fill with marshmallow and raspberry jam.

RAISED DOUGHNUTS

Mrs. Bertha Turner

1/4 c. lukewarm water
1 household yeast cake
1 c. milk
1/4 c. sugar
1/2 c. melted shortening
1 tsp. salt
1/2 tsp. vanilla
2 eggs
3 1/4 c. flour

Soften yeast in water. Scald milk; add sugar, shortening, salt - cool to lukewarm. Add 1 cup flour and stir well. Add eggs and beat well. Add softened yeast and mix until smooth. Add enough flour to make stiff dough. Add vanilla; mix well. Let rise about 1 hour. Punch down. Roll and let rise a little. Fry at 375°.

POTATO DOUGHNUTS

Miss Brenda Anderson
Dover-Foxcroft, Maine

1 c. mashed potato
2 eggs
Salt
1/2 tsp. nutmeg
1/2 c. sweet milk
Butter, size of walnut
1 c. sugar
4 tsp. baking powder
3 c. flour
1/2 tsp. cinnamon

Beat to a cream, mashed potato and butter. Add eggs, sugar, salt, milk and baking powder. Add nutmeg and cinnamon with flour. Let rise a few hours before frying.

SUGAR DOUGHNUTS

Mrs. Phyllis Mills

2 eggs, well beaten
1 rounded c. sugar
1 1/2 Tbsp. melted butter
1 c. sour milk
1 tsp. nutmeg
Pinch of ginger
3 to 3 1/2 c. all purpose flour
1 tsp. soda
1 tsp. baking powder

Guilford, Maine

SUGAR DOUGHNUTS (Continued)

1 tsp. salt
1/2 tsp. cinnamon

Mix in order given. Let set several hours in refrigerator or overnight. Fry in deep fat.

BREAD PUDDING — Mrs. Virginia Ruksznis

3 slices of buttered bread, cut into pieces
2 c. milk
1 c. brown sugar
2 eggs, beaten slightly
Salt
Vanilla

Cook in top of double boiler - 1 to 1 1/2 hours. Serve with whipped cream.

CHOCOLATE FUDGE PUDDING — Miss Pamela Colson

1 c. flour
1 tsp. baking powder
1/2 tsp. salt
3/4 c. sugar
2 Tbsp. cocoa
1/2 c. milk
2 Tbsp. oleo
1/2 c. walnuts

Sift flour, baking powder, salt, sugar and cocoa. Stir in milk, oleo and walnuts. Spread in 9 inch cake pan. Sprinkle with mixture of 1 cup brown sugar and 4 tablespoonfuls cocoa. Pour over mixture of 1 3/4 cup hot water; bake 45 minutes at 350°. Serve with whipped cream or vanilla ice cream.

CREAMED RICE PUDDING — Mrs. Judith Fortier

1 qt. milk
2 envelopes plain gelatin
1 c. sugar
Salt
1/2 c. rice

Cook rice first. Dissolve gelatin in a little cold milk. Scald 1 quart milk; mix all together and set overnight. Mix in 1 bottle cream, whipped; add vanilla.

DATE PUDDING — Mrs. Mabel Johnston

1/2 lb. dates, cut up
1 c. sugar
2 Tbsp. tapioca
1 egg
Salt
Butter, size of walnut
1 qt. milk

Mix together in casserole. Bake 2 hours in 350° oven, stirring occasionally.

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HARVEST PUDDING — Mrs. Lottie Callahan

1 egg
1 c. sugar
1/2 c. milk
1 1/2 c. flour
1/2 tsp. salt
2 Tbsp. melted butter
1 tsp. baking powder
6 or 8 cooking apples

Beat egg and sugar; beat. Add butter and beat again. Sift dry ingredients and add alternately with milk. Place sliced apples in greased baking dish and pour cake mixture on top. Bake at 400° for 1 hour. Serve with warm butter sauce.

PEACH COBBLER — Mrs. Paul Ruksznis

Use 3 cups sliced peaches in greased casserole. Sprinkle on top:

3/4 c. sugar
1 Tbsp. butter
2 Tbsp. flour
1 Tbsp. lemon juice

Mix above together.
Drop on top - shortcake:

1 c. sifted flour
1 1/2 tsp. baking powder
1 Tbsp. sugar
1/2 tsp. salt

Sift together. Cut in 3 tablespoonfuls shortening. Stir in 1/2 cup milk. Drop by spoonfuls on top of peaches. Bake at 425° for 30 minutes.

PUMPKIN CUSTARDS — Miss Debby Mills

2 c. pumpkin (1 can)
1/8 c. molasses
1/2 c. sugar
2 eggs
2 c. whole milk
Little melted butter
1 tsp. cinnamon
1/2 tsp. ginger
1/4 tsp. nutmeg
1/4 tsp. cloves
Salt to taste

Bake in greased custard cups; set in a pan with about 1/2 inch of hot water. Bake at 350° for about 35 to 40 minutes.

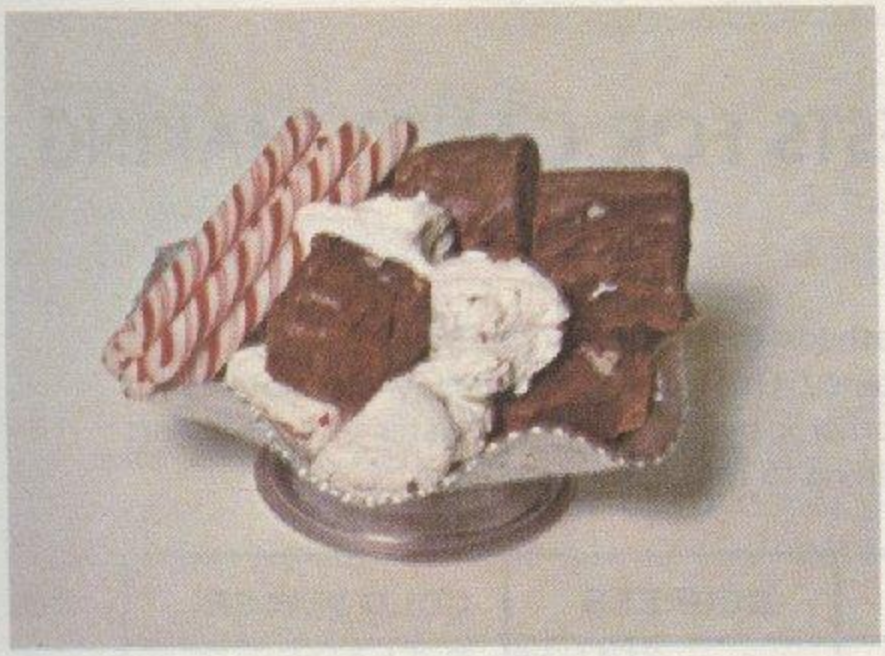
CHOCOLATE SAUCE — Miss Mary Ruksznis

3 Tbsp. butter
2 sq. chocolate
1 c. sugar
1 Tbsp. flour
Salt
1/2 c. hot water
1 tsp. vanilla

Melt butter and chocolate; while on stove, add

sugar, flour and salt and mix well. Add hot water. Boil 5 minutes on low heat. Remove from heat and add vanilla.

** EXTRA RECIPES **



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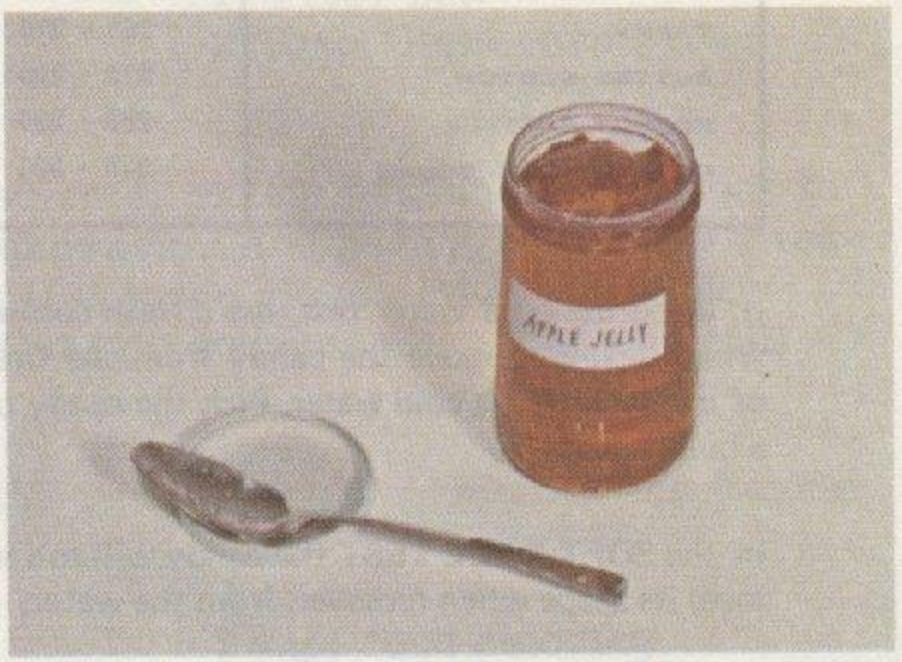

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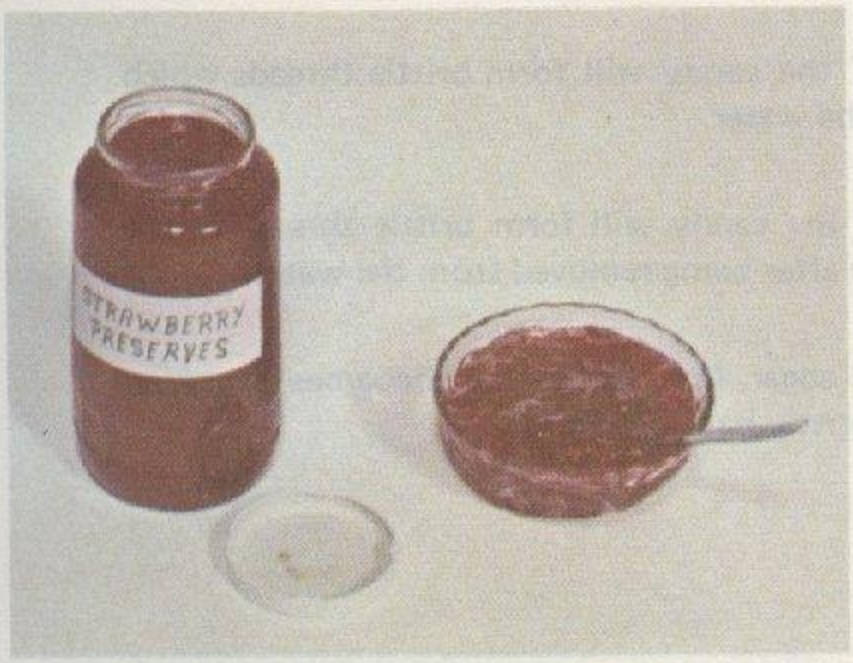

TEMPERATURE TESTS FOR CANDY MAKING

There are two different methods of determining when candy has been cooked to the proper consistency. One is by using a candy thermometer in order to record degrees, the other is by using the cold water test. The chart below will prove useful in helping to follow candy recipes:

TYPE OF CANDY	DEGREES	COLD WATER
FONDANT, FUDGE	234 - 238°	SOFT BALL
DIVINITY, CARAMELS	245 - 248	FIRM BALL
TAFFY	265 - 270	HARD BALL
BUTTER SCOTCH	275 - 280	LIGHT CRACK
PEANUT BRITTLE	285 - 290	HARD CRACK
CARAMELIZED SUGAR	310 - 321	CARAMELIZED

In using the cold water test, use a fresh cupful of cold water for each test. When testing, remove the candy from the fire and pour about ½ teaspoon of candy into the cold water. Pick the candy up in the fingers and roll into a ball if possible.

In the SOFT BALL TEST the candy will roll into a soft ball which quickly loses its shape when removed from the water.

In the FIRM BALL TEST the candy will roll into a firm but not hard ball. It will flatten out a few minutes after being removed from water.

In the HARD BALL TEST the candy will roll into a hard ball which has lost almost all plasticity and will roll around on a plate on removal from the water.

In the LIGHT CRACK TEST the candy will form brittle threads which will soften on removal from the water.

In the HARD CRACK TEST the candy will form brittle threads in the water which will remain brittle after being removed from the water.

In the CARAMELIZING the sugar first melts then becomes a golden brown. It will form a hard brittle ball in cold water.

CHOCOLATE FUDGE

Miss Cindy Hall

3 c. sugar
1 Tbsp. cornstarch
6 Tbsp. cocoa
1 c. milk
Large piece of butter

Cook to soft ball stage with candy thermometer. Beat in 1 teaspoonful vanilla, pinch of salt, 1 heaping tablespoonful marshmallow fluff. Beat until cool; pour in an 8 x 8 inch square pan. Use peanut butter also, if desired.

PEANUT BUTTER FUDGE

Mrs. Flora Fortier

2 c. brown sugar
3/4 c. milk
4 Tbsp. peanut butter
1/8 tsp. salt
2 Tbsp. light corn syrup

Combine all ingredients, except peanut butter. Cook to soft ball stage. Cool to lukewarm. Add peanut butter and 1 teaspoonful vanilla. Beat until it loses gloss. Pour into lightly buttered 8 x 8 inch pan. Cut into squares when cool and still soft.

CANDY - STRAWBERRY

Mrs. Alice Rennie

2 pkg. strawberry jello
1 can condensed milk
1 c. coconut
1 c. nuts
2 tsp. food coloring

Put in refrigerator and chill half hour. Take out and form into balls and roll in colored sugar.

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Food Quantities for Serving 25, 50 and 100 Persons at Picnic

Do you have trouble deciding how much of various foods to take to a picnic? Here are some suggested figures on 25, 50 and 100 servings, taken from "Planning Food For Institutions," a USDA handbook.

FOOD	25 SERVINGS	50 SERVINGS	100 SERVINGS
Sandwiches:			
Bread	50 slices or 3 1-lb. loaves	100 slices or 6 1-lb. loaves	200 slices or 12 1-lb. loaves
Butter	½ pound	¾ to 1 pound	1½ pounds
Mayonnaise	1 cup	2 to 3 cups	4 to 6 cups
Mixed Filling (meat, eggs, fish)	1½ quarts	2½ to 3 quarts	5 to 6 quarts
Mixed Filling (sweet-fruit)	1 quart	1¾ to 2 quarts	2½ to 4 quarts
Lettuce	1½ heads	2½ to 3 heads	5 to 6 heads
Meat, Poultry or Fish:			
Wieners	6½ pounds	13 pounds	25 pounds
Hamburger	9 pounds	18 pounds	35 pounds
Ham (bone in)	14 pounds	28 pounds	55 pounds
Turkey or chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
Fish, large whole (round)	13 pounds	25 pounds	50 pounds
Fish, fillets or steaks	7½ pounds	15 pounds	30 pounds
Salads, Casseroles:			
Potato Salad	4¼ quarts	2¼ gallons	4½ gallons
Scalloped Potatoes	4½ quarts or 1 12x20" pan	8½ quarts	17 quarts
Spaghetti	1¼ gallons	2½ gallons	5 gallons
Baked Beans	¾ gallon	1¼ gallons	2½ gallons
Jello Salad	¾ gallon	1¼ gallons	2½ gallons
Ice Cream:			
Brick	3¼ quarts	6½ quarts	12½ quarts
Bulk	2¼ quarts	4½ quarts or 1¼ gallons	9 quarts or 2½ gallons
Beverages:			
Coffee	½ pound and 1½ gal. water	1 pound and 3 gal. water	2 pounds and 6 gal. water
Tea	1/12 pound and 1½ gal. water	1/6 pound and 3 gal. water	1/3 pound and 6 gal. water
Lemonade	10 to 15 lemons, 1½ gal. water	20 to 30 lemons, 3 gal. water	40 to 60 lemons, 6 gal. water
Desserts:			
Watermelon	37½ pounds	75 pounds	150 pounds
Cake	1 10x12" sheet cake 1½ 10" layer cakes	1 12x20" sheet cake 3 10" layer cakes	2 12x20" sheet cakes 6 10" layer cakes
Whipping Cream	¾ pint	1½ to 2 pints	3 pints

CABBAGE AND HAMBURGER

Mrs. Mabel Johnston

Saute onion in little butter. Add hamburger and fry until brown. Add little salt and pepper. In buttered casserole, place layer of cabbage and then layer of meat. Alternate layers. Pour can of mushroom soup over all and bake covered at 350° for about 1 hour.

Quantities of hamburger, onion and cabbage depend on number to be served.

CLAM CASSEROLE

Miss Cathy Jones
Dover-Foxcroft, Maine

2 well beaten eggs
1 can minced clams
1/2 stick oleo
1 1/2 c. milk
12 crackers

Combine in casserole dish. Bake until center is set; about 35 minutes at 350°.

CORNED BEEF CASSEROLE

Mrs. Doris Rollins

1 can cream of chicken soup
1/2 c. evaporated milk
1 (12 oz.) can corned beef
1 c. grated American cheese
1/3 c. finely chopped onion
1 1/2 c. noodles, cooked in unsalted water
Crumbs (on top)

HOT DOG CASSEROLE

Mrs. Doris Rollins

1/2 c. chopped onion
2 Tbsp. butter
1 can Cheddar cheese soup
1/3 c. water
4 c. cooked potatoes
8 frankfurters
Salt and pepper

In saucepan cook onions in butter until tender. Stir in soup and water. Dice potatoes. Place layer of potatoes, layer of franks, pour soup mixture over all. Before baking, add 1/2 cup of milk through it. Place about 3 franks on top. Bake 1 hour at 350° uncovered.

HAMBURGER AND CABBAGE CASSEROLE

Mrs. Mary L. Johnston

1 lb. hamburger
1 medium onion, chopped
5 c. cabbage, chopped
Oregano
1 can tomato soup
1 can tomato sauce
1 can tomatoes
Salt and pepper, to taste

Cook onions until golden. Fry hamburger until it just turns brown. Season to taste with salt, pepper, oregano. Chop cabbage, put in layers in casserole. First cabbage, sprinkle with salt and pepper, then hamburger. Top layer should be cabbage. Pour soup, sauce and tomatoes over all. Bake at 350° for 1 hour.

WEDDING PUNCH

Mrs. Lottie Callahan

1 large Zarex punch
1 large Zarex strawberry
1 large Zarex raspberry
1 qt. pineapple juice
1 oz. citric acid (optional)
3 cans frozen orange juice, (small)
3 cans frozen lemon juice, (small)
4 qt. ginger ale
Ice cubes, (frozen lemonade)

Mix all juice together, pour over ice; add ginger ale, last.

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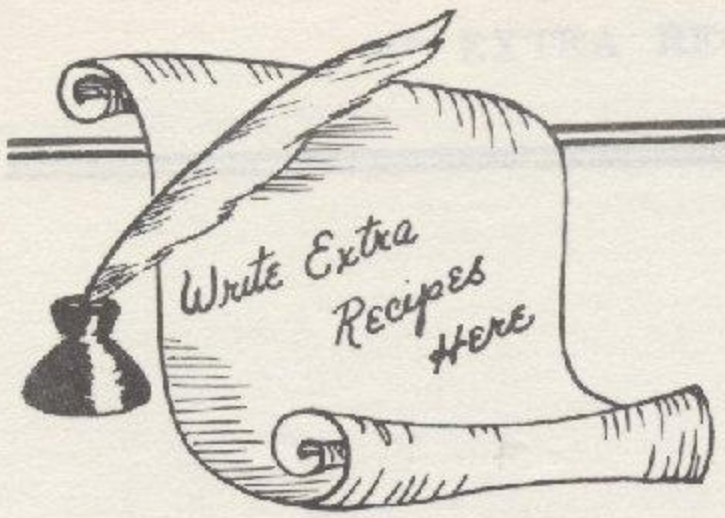
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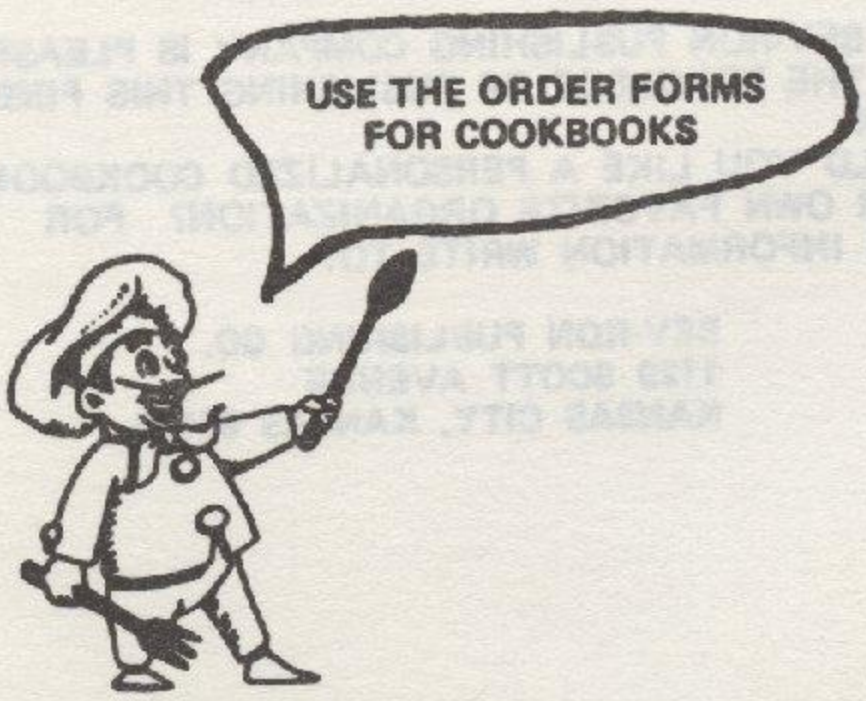

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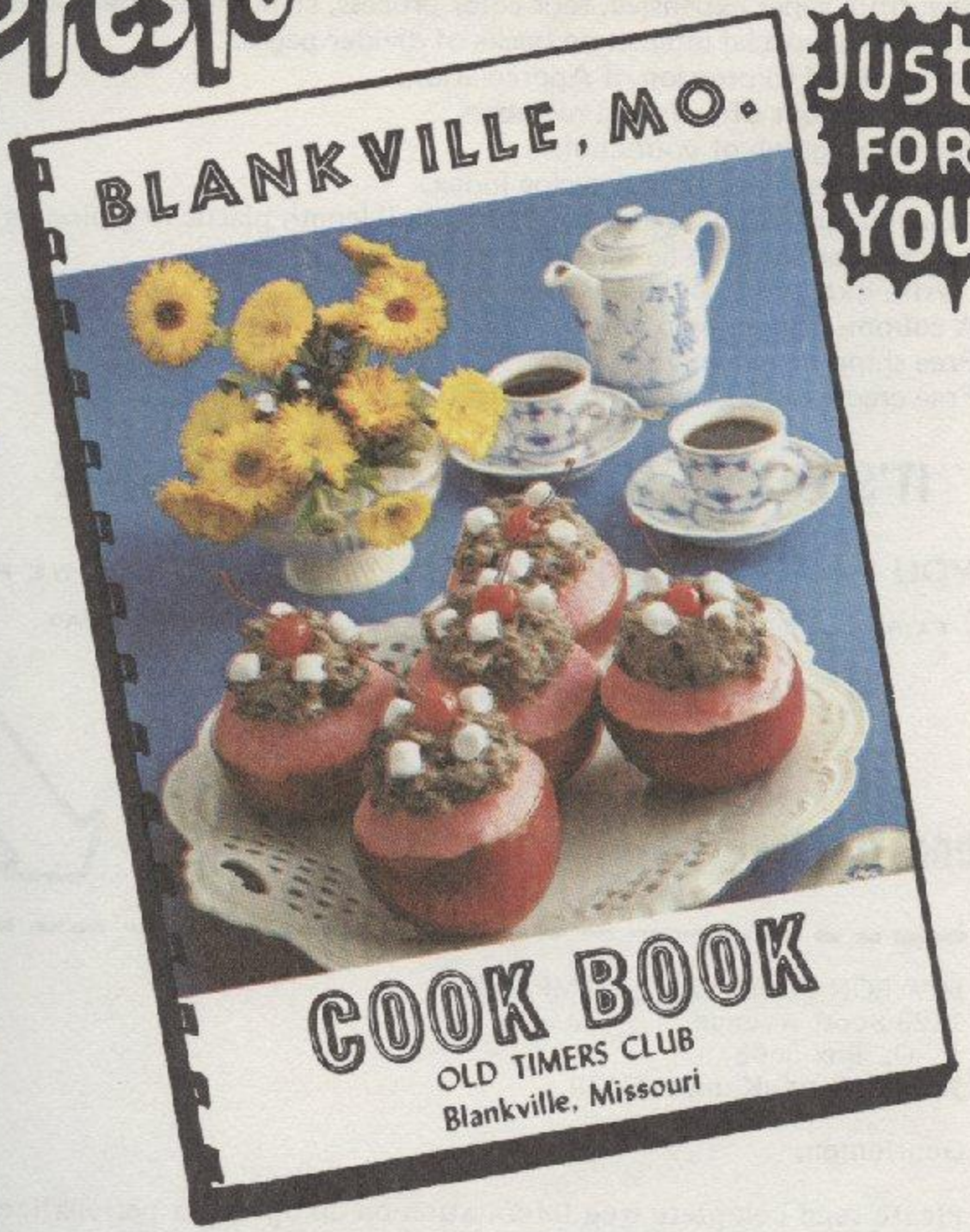

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